



DHAL RECIPE

Dhal (split yellow mung bean) is easy to make, easy to digest, and nutritious. You can have it done quickly, or let it cook for hours by leaving the burner on very low and covering the pot.

Organic dhal is highly preferable. Wash dhal thoroughly (even scrubbing quickly with your hands). 1/4 cup is good for 1 person.

Stir 1/4 cup of dhal into 1 & 1/2 cups of water (ratio 1 to 6, a little less water if you like it thicker). Bring to a boil. OR INSTANT POT

Lower the heat and simmer, covered, for 30 minutes. You can take the foam off the top with a spoon as it rises (or whenever you like). Stir, put the heat on very low, and leave it for as long as you like, making sure there is enough water so it won't dry out.

1/8 tsp turmeric

1/2 tsp salt

1/8 tsp cumin

1/8 tsp coriander

1/8 tsp fennel

You can put the spices and some fresh cilantro right into the mung beans, or heat up a little ghee in a pan and sauté the spices. Add fresh cilantro to the cooked spices, let that sauté, then add the whole mixture to the dhal, putting a little water in the pan to get everything out if need be.

Dhal is delicious with white rice, basmati if possible.